Determination of Caloric Needs of Air Force Academy Cadets with Analysis of the Pulse

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Abstract

Human activities require energy magnitude of load depending on the activities performed and the physical abilities of each individual. A calorie is a unit of measure to indicate the value of the energy. In her everyday, the calorie is the energy obtained from food and beverages and the use of energy in physical activity. Calorie needs someone different depends on several factors, including the factors of age, gender, weight, height, and activity because these factors determine the magnitude of the energy emitted by the body. Officers carrying out activities on the schedule that has been created by the Wing of Cadets began to get up early morning aerobics then afterwards Groundschool and continued with the construction of the day be run day or exercise Drumband. Next afternoon Activities in the content with military or Physical coaching Coaching Championship Piktar. Evening activities do learn night and night's rest. The level of energy consumption needs of Cadets in any activity that belongs in price, from the level of "extreme" to "light weight" depends on the purpose of the activity is exercised.

Keywords: Pulse.